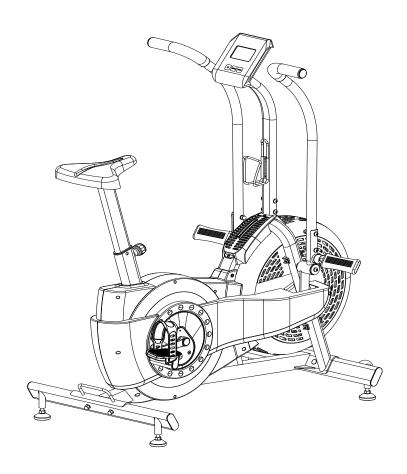


User's Product Manual



LifeSport LS-XT Air Bike

Introduction

Congratulations on your purchase of the LS-XT Air Bike. This product has been designed and manufactured to meet the needs and requirements for domestic use.

By choosing the LS-XT Air Bike, you have made a wise decision that will improve your health. Being fit and healthy will improve your energy level and your quality of life.

Cardiovascular training is vital for all ages and the LS-XT Air Bike provides a more effective workout, producing better results, encourage you to reach your fitness goals and maintain the body you have always wanted.

In order to make your experience with LifeCore the best it can be, please review the enclosed user's manual prior to assembly and first use. Be sure to keep the instructions for reference and/or maintenance.

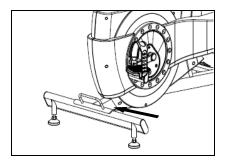
We also offer a complete line of fitness equipment; please take a moment to review our other excellent products at www.lifecorefitness.com. Should you have any questions please contact us. Your feedback and ideas about your experience with LifeCore are also very important to us. Write to us at:

LifeCore Fitness Inc.

2575 Pioneer Ave. Suite 101 Vista, CA 92081

We wish you lots of success and fun while training!

Purchaser's Reference Information



Serial Number is located on rear of the frame

Please send in the attached warranty card and a copy of the original receipt or register online with us at www.lifecorefitness.com within (10) days of purchasing your product.

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Safety Instructions & Warnings

The LS-XT Air Bike is designed and manufactured to meet or exceed all domestic and international safety standards; however, certain precautions need to be followed when operating any exercise equipment.

General safety instructions:

- 1. It is important to consult your physician before any exercise program.
- 2. Pregnant women should consult with their physician before beginning any exercise program. He/she can help determine the exercise program that is the most appropriate for your age and physical condition.
- 3. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult your physician before continuing your exercise.
- 4. Keep children away from the equipment. Hands and feet may get caught in the pedals or other moving parts, which could result in serious injury.
- 5. No more than one person should ever use the product at a time.
- 6. Pets should never be allowed near unit.
- 7. Always wear proper clothing and shoes when exercising. Drink plenty of fluids when exercising.
- 8. Always stretch and warm up before starting any exercise program.
- 9. Never operate this unit if it is damaged or broken. Contact your authorized dealer for service.
- 10. Place your equipment on a solid, level surface when in use.
- 11. Place your unit in an area with enough clearance to operate the equipment.
- 12. Make sure all components are fastened securely at all times.

Product Safety Instructions:

- 1. Start your exercise program gradually. Exercise only for a few minutes the first day to let your body adjust to the new exercise.
- 2. Slowly increase your exercise time and intensity over the first two weeks. If you increase your intensity too rapidly, or fail to warm up properly, you can increase the risk of injury.
- Use of this machine with worn or weakened parts, may result in injury to the user. We strongly suggest replacing it immediately. Use only the accessory attachments recommended by the manufacturer.
- 4. Unit maximum weight limit is 300LBS
- 5. Do not place machine in an area of high voltage or electromagnetic fields.
- 6. Whenever mounting or dismounting from the exercise machine, make sure that the unit is not in motion and use caution to prevent injury. Use the handlebars or a helper whenever additional stability is required.
- 7. Make sure that all components are fastened securely including but not limited to seat, pedals, handlebars, or any electric components.
- 8. Never place any open containers of any type directly on the unit, only containers with lids are recommended to be used with the appropriate water bottle holder.
- 9. Keep machine clear of any obstructions, heavy machinery, and never place objects on or against machine. Perform proper maintenance as recommended in this manual.
- 10. Failure to follow these instructions will void the units warranty and the manufacturer or distributor assumes no responsibility for personal injury or property damages related to the product if unit is ever used incorrectly or for reasons other than exercise.
- 11. Save this manual for future reference.

Assembly Instructions

The LS-XT Air Bike is made from the best materials and has been tested to receive a quality control review prior to its packaging; ensuring the correct parts and proper fitting of each component.

Before assembling this product, distinguish a proper and appropriate location for the unit. Unpack the box in a clear workable area to allow for smooth assembly. Remove all of the parts from the packing material; however, do not discard packing material until assembly is complete. Double check packing materials to ensure no missing parts were left behind.

Please note that some hardware may be preassembled to some components in order to help with assembly. Tools have also been provided to assist with assembly. If you are missing any parts, assembly bags or need assistance with assembly please call LifeCore Fitness at 1-888-815-5559.

Hardware Identification List:

This list is provided to help identify the hardware used in the assembly process. Some hardware may already be attached to the appropriate part(s).

Part N	umber and Description	<u>Qty</u>
30	Carriage Bolt (M8 x 1.25 x 45mm) "Figure 1"	4
40 65	Bolt, Button head (M8 x 1.25 x 20mm) "Figure 2" Bolt, Button head (M8 x 1.25 x 45mm) "Figure 3"	4 4
50 59	Flat washer (M4) "Figure 2" Flat washer (M8) "Figure 1"	4 7
16	Spring washer (M8) "Figure 5"	3
66	Arc washer (M8) "Figure 2 & 3"	12
67	Acorn nut (M8 x 1.25) "Figure 2 & 3"	8
48	Nylon nut (M8 x 1.25) "Figure 5"	3
44 31	Screw, Round head (M4 x 15mm) "Figure 2" Screw, Round head (M5 x 10mm) "Figure 2"	4 2

The following tools are included for assembly:



5mm T-handle Allen wrench

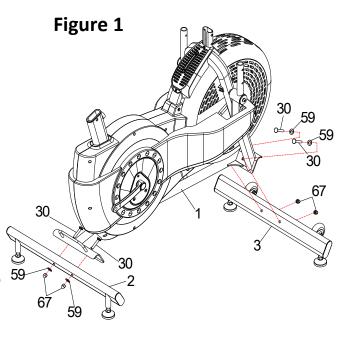
5mm Allen wrench/screw driver

Muti-tool wrench

13 & 15mm wrench

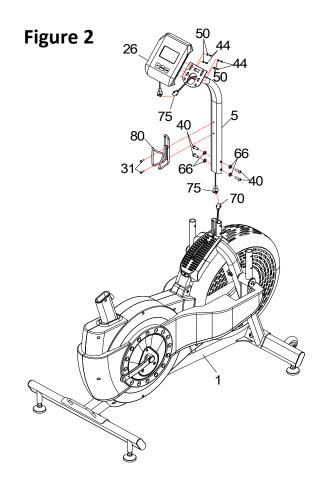
Step 1: Front & Rear Stabilizer Assembly

- 1) Locate the front stabilizer hardware bag labeled Figure 1. Screw in the black stabilizer pads to the bottom of the stabilizer tubes #2 & #3.
- 2) (**See Figure 1**) Attach the front stabilizer tube #(3) to the main frame #(1). Secure it with two M8x45 carriage bolts #(30),two washers #(59) and two acorn nuts #(67).
- 3) Attach the rear stabilizer tube #(2) to the main frame part #(1). Secure it with two M8x45 carriage bolts #(30), two washers #(59) and two acorn nuts #(67). Use the 13mm wrench to tight all four nuts.



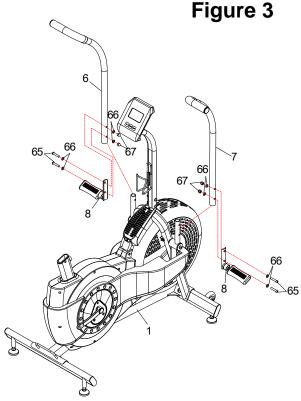
Step 2: Console and Console Mast Assembly

- 1) Locate the console mast hardware bag labeled Figure 2.
- 2) (See Figure 2) Connect the lower console wire #(75) to the main wire #(70). Note: Ensure that all wires are properly connected and stored inside the console mast tube. Be careful not to pinch the wires. Carefully insert the console mast #(5) down onto the main frame #(1). Secure and tighten the mast with four button head bolts #(40), and four arc washers #(66). Use the 5mm Allen wrench to tighten the bolts.
- 3) Locate the console #(26), install the two AAA batteries into the back of the console. Unscrew the preinstalled four round head screws #(44) & washers #(50). Connect the console wire #(75) to the console #(26). Join the console to the console mast with screws #44 & washers #(50).
- 4) Locate the water bottle holder. With the provided screw driver, remove the preinstalled screw #(31) from the console mast. Secure the water bottle hold to the mast.



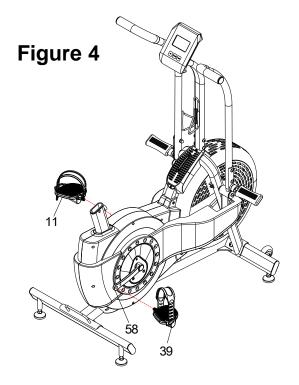
Step 3: Handlebars Assembly

- 1) Locate the handlebar hardware bag labeled Figure 3.
- 2) (**See Figure 3**) Insert the left handlebar assembly #(6) to the handlebar post on the left side of the main frame #(1).
- 3) Place the pedal rod bracket #(8) to the handlebar assembly #(6).
- 4) Secure the two parts together with four button head bolts #(65), arc washer #(66), and acorn nuts #(67).
- 5) Repeat the same process for the right handlebar assembly #(7). Using the 5mm Thandle Allen wrench and the 13mm wrench, firmly tighten the hardware.



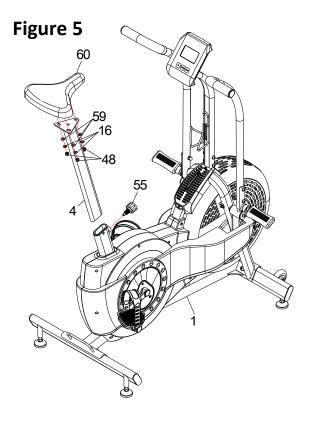
Step 4: Pedal Assembly

- 1) (See Figure 4) Locate the right pedal. There is a Left (L) and Right (R) marker on each pedal to identify them.
- 2) Attach the right pedal #(39) into the right crank arm #(58) by threading it in a clockwise direction.
- Attach the left pedal #(11) into the crank arm #17 by threading it in a counter-clockwise direction.
- 4) Use the provided 15mm wrench to firmly secure each of the pedals. Apply additional torque to each pedal to ensure the pedals are extremely tight. (Long Torque wrench is preferred.)



Step 5: Seat Assembly

- 1) Locate the seat pad.
- 2) (See Figure 5) Pull out on the #55 pop pin to slide the seat post up. Loosen the preinstalled hardware on the seat pad. Attach the seat #(60) to the seat post #(4). Join them using the preinstalled three flat washers #(59), spring washers #(16) & M8 Nylon Nuts #(48). Use the 13mm wrench to tighten the hardware. Make sure that the seat pad is aligned straight before it is securely fastened.



Congratulations!

You have completed the assembly process for the LS-XT Air Bike. Please inspect the bike both visually and functionally before performing a workout routine. Make sure there are no loose parts and that all the nuts & bolts are tightened. Test the bike at a slow pace to make sure everything is working properly.

How to Adjust the Seat Height

Proper seat height is important for an efficient exercise. To determine the proper seat height, sit on the bike and while the foot pedal is in the down position, try to center the ball of your foot with your knee. Your leg should be slightly bent and relaxed. It should never extend straight nor bent too much.

Make all adjustments to the seat height while off of the bike. Adjust the seat position height on the bike by loosening knob #(55). Adjust it according to each user's height. Select the desired seat height by pulling on the #(55) pop pin with one hand while pulling up or pushing down on the post with the other hand. Once the height is selected tighten the knob clockwise to ensure the seat post is secure.

Note: The pin for the adjustment knob (55) must be inserted into one of the adjustment holes in the seat post (4). The adjustment knob (55) must be screwed in tightly to ensure the seat post is secure into the main frame. Failure to do so could cause serious injury or damage to components.

Console Operation Instructions

Please read the console operation instruction thoroughly and practice using this console before you start in order to get a better understanding of the functions. Below is the console layout and detailed operation instructions. This console is powered by two AAA batteries. Make sure there is sufficient power before using this console.

Console Layout



Keys & Functions

- 1) MODE: Press the MODE button to select a program goal: Time, Distance or Calories or to set the console at the SCAN mode.
- **2) SET:** Press the SET button to set the value of time, distance and calories for the program goal. It is recommended to work one value during a workout.
- 3) RESET: Press the RESET button to reset time, distance and calories.
- **4) SCAN:** Press the MODE button until "SCAN" appears. The console will display scan data one at a time for 4 seconds: Time, Speed, Distance, Calorie and Total Distance.
 - **A. TIME:** Displays the total time from exercise start to the finish. The time range is from 00:00 to 99:59 (min : sec)
 - **B. SPEED:** Displays the current speed. The max speed range is 99.9 mph.
 - **C. DIST:** Displays the total distance from exercise start to the finish. The max distance range is 99.99 miles.
 - **D.** CALORIES (CAL): Displays the total calories from exercise start to the finish. The max amount of calorie readout is 9999 Kcal.
 - **E. TOTAL DIST (ODO):** Counts the total distance (odometer) from the beginning of installing of the batteries. The max distance is 9999 miles.
- **5) AUTO ON/OFF**: If there is no activity (RPM or button pressed) for 8 minutes, the console will shut off automatically to save power.
- **6) ALARM:** The time, distance and calorie can be set as a goal. When there is a goal reached, the console will alarm for 15 seconds.

Warm Up and Cool Down

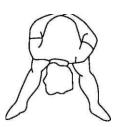
Warm-Up: The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up 2-5 minutes is recommended before aerobic exercising. Warming up is the activity that raises your heart rate and warms up the working muscles.

Cool-Down: The purpose of cooling down is to return the body to its normal or near normal resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches recommended below and should be completed after every workout.

Stretching: Performing stretching after warm up and after aerobic training session is very important as it will greatly reduce the risk of injury. Stretches should last for 15 to 30 seconds.

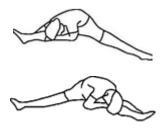
Stretching Exercises Suggestion:

Lower Body Stretch



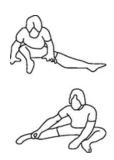
Place feet shoulder-width apart and lean forward. Keeps this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. DO NOT BOUNCE! Gradually move down to a lower position.

Floor Stretch



While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch for 10 to 30 seconds. DO NOT BOUNCE!. Repeat the stretch with the left leg.

Bent Torso Pulls



While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

Bent Over Leg Stretch



Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. DO NOT BOUNCE! Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg.

Remember to always check with your physician before starting any exercise program.

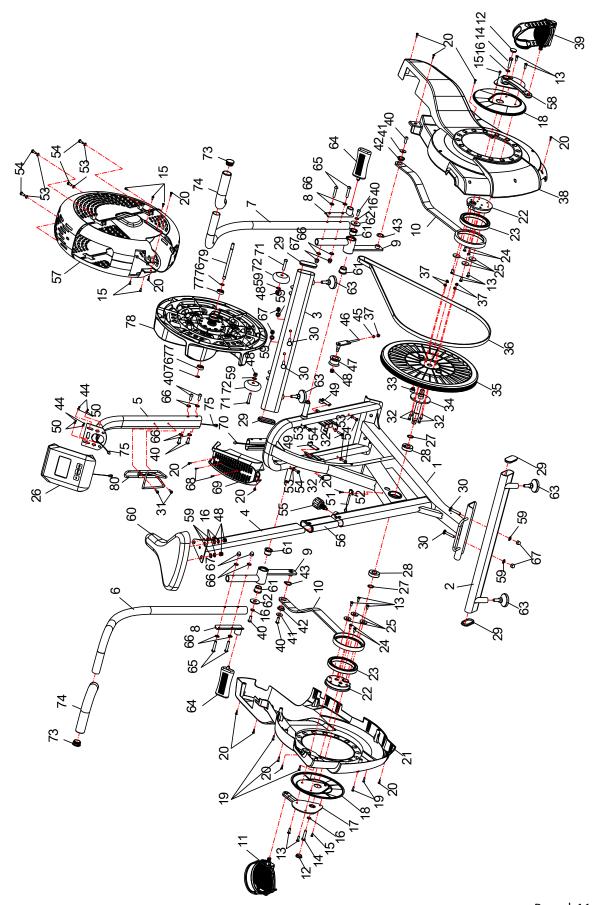
Care and Maintenance

The amount of maintenance required is very little and very simple; however, a failure to implement preventative maintenance suggestions can prevent the machine from operating as designed. The LS-XT Air Bike is only for indoor use and should not be stored in damp, extremely cold or hot areas as this will damage the unit voiding the warranty.

Always inspect hardware prior to any exercise session. Look for loose hardware, loose pedals, loose cranks and frayed wires. Repair or replace any damaged or worn parts, tighten all loose hardware.

- > Always clean the machine after use.
 - 1) Proper cleaning is important for longevity of a machine. Clean the unit with a light soap water mixture, followed by a dry towel. You can also use a light house hold cleaner such as Windex to remove dirt. The purpose of cleaning the unit is to remove body sweat which contains salt. Salt is the number one factor that will cause the unit to rust and the electronics to stop working.
 - 2) Dry the unit off with a clean towel to remove left over moisture after every use.
 - 3) To clean seat pad or handle bar grips, use a mild soap and warm water.
- ➤ As part of Lifesport's normal installation and set-up process, all pedal cranks must be tightened after 8 to 10 hours of initial riding to ensure parts are properly seated to axle. This is standard initial "break-in" service, which must be performed after the first 8 to 10 hours of use. Un-tightened pedal cranks may become loose, causing damage, which may void the warranty.
- ➤ After the first 12 hours of use, check and retighten any bolts, nuts, screws, etc. making sure that they are tight and working properly.
 - 1) The number one service issue is loose hardware. Loose hardware can cause the unit to tick, creak, thump, knock, etc. After the first 12 hours once all the hardware has been tightened, the hardware should be checked every 3 months.
- ➤ Only use the appropriate power source, never mix new and old batteries. Always use the same voltage battery or it will cause the electronics to overheat and malfunction.

In the unlikely event that the LS-XT Air Bike experiences a problem, please contact LifeSport fitness for advice toll free at 888-815-5559.



Part List		
PART#	PART NAME	QTY
1	Main Frame	1
2	Rear Stabilizer	1
3	Front Stabilizer	1
4	Seat Post	1
5	Meter Post	1
6	Left Handlebar	1
7	Right Handlebar	1
8	Pedal Rod Bracket	2
9	Pendulum rod	2
10	Pedal rods	2
11	Left Pedal	1
12	Crank Cap	2
13	Screw, Round Head (M6 x 20mm)	4
14	Six angle bolt flange (M8 x35mm)	2
15	Screw, Round Head (ST4.0 x12mm)	7
16	Spring Washers	5
17	Left Crank	1
18	Turn table	2
19	Screw, Round Head (ST4.2 x 19)	5
20	Cross recessed pan head tapping screws (ST4.2 x 16)	13
21	Left Cover	1
22	Bearing plate	2
23	Bearing (6819ZZ)	2
24	hexagon socket countersunk head screws (M6 x15mm)	4
25	Baffle plate	6
26	Meter	1
27	Inner C Ring (Φ20)	2
28	Bearing (6004ZZ)	2
29	Pipe plug	4
30	Carriage Bolt (M8 x 1.25 x 45mm)	4
31	Screw, Round Head (M5 x10mm)	2
32	Six angle bolt (M6 x16mm)	6
33	Magnet	1
34	Axle	1
35	Pulley	1
36	V-Ribbed Belt	1
37	Nylock Nut (M6)	11
38	Right Cover	1
39	Right Pedal	1

PART#	PART NAME	QTY
40	Bolt, Button Head (M8 x 1.25 x 20mm)	8
41	Large Flat Washer (M8)	2
42	Axle sleevell	2
43	Spacer Washer (Ф17 хФ22 x 0.5mm)	2
44	Screw, Round Head (M4 x 15mm)	4
45	Spring Washer (M6)	11
46	Idler Arm	1
47	Idler Wheel	1
48	Nylock Nut (M8x1.25)	6
49	Adjusting plate	2
50	Flat Washer (M4)	4
51	Sensor Wire	1
52	Sensor Clip	1
53	Flat Washer (M6)	8
54	Screw, Round Head (M6 x 15mm)	8
55	Adjustment Knob	1
56	Sleeve	1
57	Fan Cover	1
58	Right Crank	1
59	Flat Washer (M8)	9
60	Seat	1
61	Axle sleevel	4
62	Large Flat Washer (M10)	2
63	Adjust the Ottomans	4
64	Pedal	2
65	Bolt, Button Head (M8 x 1.25 x 45mm)	4
66	Arc Washer (M8)	12
67	Acorn Nut (M8 x 1.25)	8
68	Cross recessed pan head tapping screws(ST2.9*15)	2
69	Air door	1
70	Sensor Wire	1
71	Bolt, Button Head (M8 x 1.25 x 35mm)	2
72	Wheel	2
73	Round Plug	2
74	Foam Grip	2
75	Connection Wire	1
76	Inner C Ring (Φ10)	2
77	Bearing (6000z)	4
78	Fan Wheel	1
79	Fan Axle	1
80	Water Bottle Holder	1

Limited Consumer Warranty

LS-XT AIR BIKE

What is Covered. LifeCore Fitness, Inc. ("LifeCore") warrants to the original purchaser of this LifeCore Fitness branded product (the "LifeSport LS-XTAirbike") that the frame of the product shall be free from defect in materials and workmanship during the normal life of the Product and all other part and components of the Product shall be free from defect in material and workmanship for a period of 2 years (1 year for electronics parts) when the product is used under as recommended by LifeCore normal family household uses and conditions. During the warranty period LifeCore will at no additional charge to you, repair or replace (at LifeCore option) the frame or any part of the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty. All labor for any required repair is warranted for 90 days from the date of original purchase. After 90 days all labor shall be the responsibility of the owner.

What is Not Covered. This Limited Warranty applies only for Product sold in the United States under the LifeCore brand name. This warranty does not cover normal wear and tear on items such as, but not limited to, transportation wheels, foot pedals, rubber grips, plastic end caps, scratched parts, broken covers, cosmetic damage, and excludes paint & finish. Wear items pertain to components that might need to be replaced due to wear and tear resulting from normal usage. This warranty is void if the Produce is improperly stored, installed, altered and/or modified in any way, misused, abused, is subject to accident, is improperly maintained, and this warranty does not cover repair for any noises such as: squeaks, clunks, thumps resulting from poor or lack of preventive maintenance. This Limited Warranty does extent to any Product that is damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) use with the Product of any part not manufactured or sold by LifeCore; (c) by modification of the Product; (d) by normal wear and tear; (e) operation using incorrect power supplies; or (f) as a result of service by anyone other than LifeCore, or an authorized LifeCore service provider. This Limited Warranty is void if the Product serial number has been defaced or removed. Should any Product be submitted for warranty service be found ineligible, an estimate of repair cost will be furnished.

Warranty Service Area. Any labor cost above the amount allocated by LifeCore is the responsibility of the original purchaser. If a Product requires shipment, delivery or transport to an area that is not within a LifeCore distribution area or is outside of a serviceable area it is the purchaser's sole responsibility and to pay for any fees associated with servicing of a Product out of LifeCore Fitness distribution or serviceable area. Any evidence of alteration, erasing or forgery of proof-of-purchase documents voids this Limited Warranty. This Limited Warranty applies only to Product purchased from LifeCore or from an authorized LifeCore reseller.

Disclaimed Warranties. TO THE MAXIMUM EXTENT ALLOWED BY LAW, ALL WARRANTIES, INCLUDING BUT NOT LIMITED TO EXPRESS WARRANTY, IMPLIED WARRANTY, WARRANTY OF MERCHANTABILITY, FITNESS FOR PARTICULAR PURPOSE AND WARRANTY OF NON-INFRINGEMENT OF INTELLECTUAL PROPERTY, ARE EXPRESSLY EXCLUDED TO THE MAXIMUM EXTENT PERMITTED BY LAW; AND LIFECORE NEITHER ASSUMES NOR AUTHORIZES ANY PERSON OR ENTITY TO ASSUME FOR IT ANY DUTY, OBLIGATION OR LIABILITY IN CONNECTION WITH ITS PRODUCTS. LIFECORE HEREBY DISCLAIMS AND HAS ABSOLUTELY NO LIABILITY FOR ANY AND ALL ACTS OF THIRD PARTIES INCLUDING DEALERS OR INSTALLERS. IN THE EVENT OF A CLAIM OR A DISPUTE INVOLVING LIFECORE OR ITS SUBSIDIARY, THE PROPER VENUE SHALL BE SAN DIEGO COUNTY IN THE STATE OF CALIFORNIA. CALIFORNIA STATE LAWS AND APPLICABLE FEDERAL LAWS SHALL APPLY AND GOVERN THE DISPUTE. THE MAXIMUM RECOVERY UNDER ANY CLAIM AGAINST LIFECORE SHALL BE STRICTLY LIMITED TO THE PURCHASE PRICE OF THE PART. LIFECORE SHALL NOT BE RESPONSIBLE FOR ANY DAMAGES WHATSOEVER, INCLUDING BUT NOT LIMITED TO, ANY CONSEQUENTIAL DAMAGES, INCIDENTAL DAMAGES, DAMAGES FOR THE LOSS OF TIME, LOSS OF EARNINGS, COMMERCIAL LOSS, LOSS OF ECONOMIC OPPORTUNITY AND THE LIKE.

Some states do not allow limitations on how long an implied warranty will last or the exclusion or limitation of incidental or consequential damages. This warranty gives you specific legal rights and you may also have other rights that vary from State to State. LifeCore does not and has not authorized any person or entity to create for it any other obligation, promise, duty or obligation in connection with this Product.

Warranty Registration. PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN (10) DAYS OF PURCHASE TO REGISTER YOUR PRODUCT WITH LIFECORE FITNESS. PLEASE MAIL WARRANTY CARD TO: LIFECORE FITNESS, INC, 2575 Pioneer Ave. Suite 101. Vista, CA 92081. Phone (760)599-4555, Fax (760) 946-7602 or register online at LifeCorefitness.com, Customer Service: 888-815-5559. Unless otherwise prohibited by law, in order to validate the warranty this Product must have been registered through LifeCore Fitness Inc., and/or a copy of the proof of purchase, and serial number must be presented at time of service. If these items are not presented at the time of requesting parts or service LifeCore Fitness Inc. will not cover any warranty.

<u>Warranty Claim Processing.</u> To obtain warranty service, you must contact the original place of purchase. LifeCore may at its option may repair or replace any defective Product frame or parts with new or serviceable used parts that are equivalent in function to the original parts. All exchanged frames and parts replaced under this warranty will at the time of service become the

property of LifeCore. LifeCore reserves the right to change manufacturers of any parts to cover any existing warranty. Any parts determined to be defective must be returned to LifeCore to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment.

Please see other LifeCore Fitness Products at www.LifeCorefitness.com.

THANK YOU FOR YOUR BUSINESS!

Full Name:

Address:

City: ______ State: ____ Zip Code: _____

Daytime Phone No.: _____ Cell Phone No.: _____

Email: _____

Dealer Purchased from: _____

Model: _____ LS-XT AIR BIKE ____ Date Of Purchase: _____

Serial No. _____

Environment Placed: Residential Light Commercial Commercial



"We Fit Your Life"

Customer Service
Toll Free (888) 815-5559
Mon-Friday 7:30 - 5:30 PT
Service@lifecorefitness.com

LifeCore Fitness Inc. 2575 Pioneer Ave. Suite 101 Vista, CA 92081

Visit our website for assembly videos: www.lifecorefitness.com